

Frozen Vegetables

1. Must conform to FDA standard of identity (21 CFR Part 155).
2. Any brands.
3. Any type and package size are allowed.
4. Orange yams and sweet potatoes are allowed.
5. Frozen beans and any other kind of bean not authorized under the legume category. Any kind of beans and peas (e.g. green beans, green peas, snap peas, black-eyed peas, and/or soy beans) are allowed.
6. Regular or lower-in-sodium frozen vegetables are allowed.
7. Any plain frozen vegetable, frozen steamed vegetables or plain frozen vegetable mixtures (without white potatoes).
8. No white, red, or golden potatoes,
9. No French fries, hash browns, tater tots, other potatoes made with white, red, or golden potatoes.
10. No added sugars, fats, or oils.
11. No seasoned, flavored, or breaded vegetables.
12. No vegetables with sauces (e.g., gravy, cheese, sauce and/or butter), pasta, potatoes, noodles, rice or any other ingredients including meat, poultry or fish.

Frozen Fruits

1. Must conform to FDA standard of identity (21 CFR Part 155).
2. Any brand, type.
3. Any package size.
4. Any plain fruit and plain fruit mixtures are allowed.
5. Any fruit with fruit juice, artificial sweeteners, and water are allowed
6. Frozen fruit with added sugars* are not allowed.

* Added sugars include corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and maple syrup.